



**New Holmes venture**  
Launches home inspection business.  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Last Band Standing**  
Which group walked away \$1,000 richer?  
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MONDAY, MARCH 9, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

41ST YEAR — NO. 9

## Lifelike mannequins add realism

By SARAH BONGERS

Most students at Conestoga College have walked past one of the nursing labs and upon looking at the unsettling-looking figures lying in bed there, often wonder what goes on in the room.

The dummies, or mannequins as the nursing students and faculty prefer to call them, play a vital role in educating the students.

Although the college received the mannequins over three years ago, they are still considered to be very advanced, not to mention expensive, costing the college \$50,000 each.

Nine of them are residing in a simulation lab on the first floor in the B wing. These sim labs consist of several rooms made to look exactly like a hospital and it has all the equipment you would expect to find in a hospital or a clinic.

Respiratory therapist and the sim lab's simulation educator, Karl Weiss, said each of the nine mannequins "represent different populations."

There are four adults, one that breathes carbon dioxide like a real human does and one that gives birth, as well as children and newborn.

These advanced mannequins can blink, breathe and vomit, and can be checked for pulses on their neck and wrist and for their blood pressure.

To add to the realism, their chest rises and falls in a rhythmic breathing pattern and you can feel their breath coming out of their mouths. With a stethoscope you can even hear realistic lung and organ sounds.

tic lung and organ sounds.

Through a computer, it can be programmed to imitate conditions such as cardiac arrest and stroke. Students can put them on life support, perform CPR and can even shock them with a defibrillator.

"We have so much to offer in a simulation," said Weiss.

Erin Weatherhead, a first-year practical nursing student, said with the older mannequins they had to talk to them to see what the problem was, and the instructors were the ones answering for the ailing patients.

Weatherhead said some of them were just body parts, and the students had to ask an arm some medical questions.

Thanks to advanced technology, now the patients can answer for themselves. Behind a glass mirror in the sim lab, technicians act as the voices for these mannequin patients.

"This way we can really lead them down a path we want them to go," said Shelley Brethauer, a registered nurse and subject matter expert in the sim lab.

Roberta Huggett and Bai Yang, both registered nurses, are two of the technicians who help bring the mannequins to life.

"It's much easier when there's actually a voice talking to you," said Crystal Shaubel, a first-year practical nursing student.

During a simulation, Huggett and Yang receive outlines of their patients with information on why they are in hospital, what medicines they take and their medical history. Yang said

they don't follow a script.

"We go on the cue of the students by what they ask," said Huggett.

The students don't get a copy of the patient's outline so when they walk into the sim lab, everything is a complete mystery and they must solve the puzzle themselves.

Brethauer said nursing is "a lot of different roles wrapped into one." They are nutritionists, pharmacists, housekeepers, emotional support and detectives.

By asking the patient questions, checking their vital signs, looking at their medical charts and using their basic knowledge, the nursing students try to solve the medical mystery.

Weiss said the patients aren't too complex for the students who are working on them. The patients wouldn't be afflicted by something that the students don't know or didn't learn.

"We want to put the context into a real situation," said Weiss.

If they are stuck, they can ask the head nurse, someone like Brethauer, or call in for support, like in a real hospital.

"There's no mark for this, it's all about trying," said Weiss. "We're critiquing, not criticizing."

Brethauer said for the students to practise real-life cases on the mannequins helps alleviate their fear of hurting someone.

"It's comforting to practise on something that's not living," said Shaubel.

To further aid the students in learning from their experience



PHOTO BY SARAH BONGERS

From left to right, Crystal Shaubel, Shelley Brethauer and Erin Weatherhead surround an advanced mannequin in the sim lab at Conestoga. The mannequin can breathe, blink and even vomit.

in the sim labs, the students reflect on their experience afterwards in a brief session.

"When in the thick of it, it's hard to see things," said Weiss. "They get perspective after in the brief."

During a brief the students can also get a sense of how they can re-approach a problem the next time, according to Weiss.

Yang said the sim lab helps the students improve their teamwork, communication and critical thinking.

Students who use the sim labs feel they get much more out of the experience than if they read

about it in a textbook.

"If you learn something in here it sticks with you," said Weatherhead.

The rooms aren't only used for practical nursing programs, but also firefighters, paramedics, registered nursing and respiratory therapy programs.

"Not all colleges have sim labs, so we're very lucky," said Brethauer.

The sim labs are currently under consideration for an expansion, so they can add more rooms and equipment to enhance the learning environment for the students.

## HOCKEY GREATS SHINE IN WATERLOO



PHOTO BY ADAM RUSSELL

Bernie Nicholls took part in the 20th annual Old-Timers Hockey Challenge Classic in support of Special Olympics Ontario. Since retiring from the NHL, Nicholls spends most of his time playing in the Classic, hunting and playing golf. See Page 7 for story and more photos.

## Recession increases interest in colleges

By SARAH BOYCHUK

While the recession continues to instil fear, the mood was optimistic at Conestoga's board of governors meeting on Feb. 23.

President John Tibbits reminded those assembled that colleges were mentioned for the first time in the federal budget that was announced on Jan. 27.

Tibbits was asked by the Waterloo Regional Labour Council to discuss with NDP leader Jack Layton what the economic climate could mean to the importance of college education. The pair met on Feb. 20, with Tibbits generally satisfied with their conversation.

"Our agendas on this issue are quite similar. If he can push that agenda, it'll be interesting," said Tibbits.

The agenda in question includes a transfer system between colleges and universities, something that Tibbits has long advocated for. The current economic situation means a growing emphasis on college education, with programs that are generally shorter and more task-oriented than those offered in universities.

"Sometimes in a crisis, something happens to benefit an industry," said Tibbits, before continuing to say that mounting interest in college education could "save money for tax-

payers, save money for individuals and create more opportunities."

Still, Tibbits recognized the importance of the provincial budget, which has yet to be released.

"Worst case, we may have to review data with the finance and audit committee," Tibbits said. "Best case? Who knows."

An assembly of the finance and audit committee occurred the week of Feb. 16, during which time members met with PriceWaterhouseCoopers to discuss the audit plan for the end of the fiscal year. While Conestoga's finances were "mostly unchanged," revenue increased slightly, said chair Carol Leaman.



# Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you had only two weeks to live,  
what would you do?



"I would skydive."

**Stephanie Sahler,**  
first-year  
general office  
administration

"I would go to a Leafs  
hockey game."

**Alex Roe,**  
first-year  
recreation and leisure



"I'd probably want to travel,  
especially in Canada. I've  
always wanted to do that."

**Sam Vignesluaran,**  
first-year  
occupational therapist  
assistant and physiotherapist  
assistant

"I would go on a quest for  
the fountain of youth."

**Matt  
Robertshaw,**  
first-year  
broadcast  
television



"I would not come to school  
for the last two weeks."

**Dan Whyte,**  
first-year  
broadcast  
television

"Cry, and then try to see if  
there's something I can do  
to make my friends and  
family's life better."

**Aaron  
Smithyman,**  
first-year  
technical  
foundations



Smile Conestoga, you could be our next respondent!



PHOTO BY PATRICK LANSBERGEN

From left, Leonel Parreira, Cameron Blaney, Alex Foresheew and Kyle Dirse strike their best rock pose in preparation for the Rock Band 2 competition at Conestoga College Feb. 24.

## Conestoga gamers rock out for chance to win \$100,000

BY PATRICK LANSBERGEN

The AMP your Game 2009 Tour came to Conestoga's Doon campus on Feb. 24, giving students a chance to win \$100,000.

In an advertising campaign for PepsiCo's new energy drink, AMP, anyone attending one of the kiosks at tour locations has the chance to form a band and play the console game Rock Band 2, competing against others at their campus to go on to a final competition.

The winning team will receive \$100,000.

The winning band from each campus will have the video of

their campus performance posted on the AMP energy Canada Facebook page, [www.facebook.com/AMPEnergycanada](http://www.facebook.com/AMPEnergycanada), for one week.

"I'm just speechless, man."  
— Matthew Raftis

In addition to the Rock Band 2 tournament there was also 17 other games to play on an Xbox 360, PS3 and Wii.

Matthew Raftis, a first-year law and security administration student playing Resistance 2 on the PS3 paused briefly to comment about the video game station. "I'm just speechless man," said Raftis.

The tour was prompted by PepsiCo's research into recreation trends of those 18-34 years of age. According to their findings, approximately 31 per cent of Canadians play musical games like Rock Band 2.

The tour continues at Mohawk College today and tomorrow. It will end on April 23 having visited 40 colleges across Canada.

### CLOTHESLINE DESIGNS HELP RAISE AWARENESS



PHOTO BY KEVIN O'BRIEN

On Feb. 26, students gathered in the atrium to design T-shirts for Conestoga's 2009 Clothesline Project. Since 1990, colleges and universities across North America have used Clothesline Projects to raise awareness of the problem of violence against women. For information, visit [www.clotheslineproject.org](http://www.clotheslineproject.org).



# Making it right with 'Holmes' Inspections

By SARAH BONGERS

Mike Holmes, star of the home renovation nightmare show *Holmes on Homes*, and a supporter of Conestoga College's skilled trades program, returned to Waterloo Region with a gift.

On Feb. 28, Holmes officially opened his new business, Mike Holmes Inspections.

Taking place on its opening day, Word Worth Books on King Street in Waterloo had the honour of hosting Holmes in their store to promote his new book, and his new business.

He signed his new book, also called *Mike Holmes Inspections*, and answered questions about it and his new company.

This is Holmes's first venture in the inspection business, and he said he wants it to differ from other home inspection services. The inspectors will conduct a more thorough inspection than the competitors, and offer simply-written observations for homeowners to

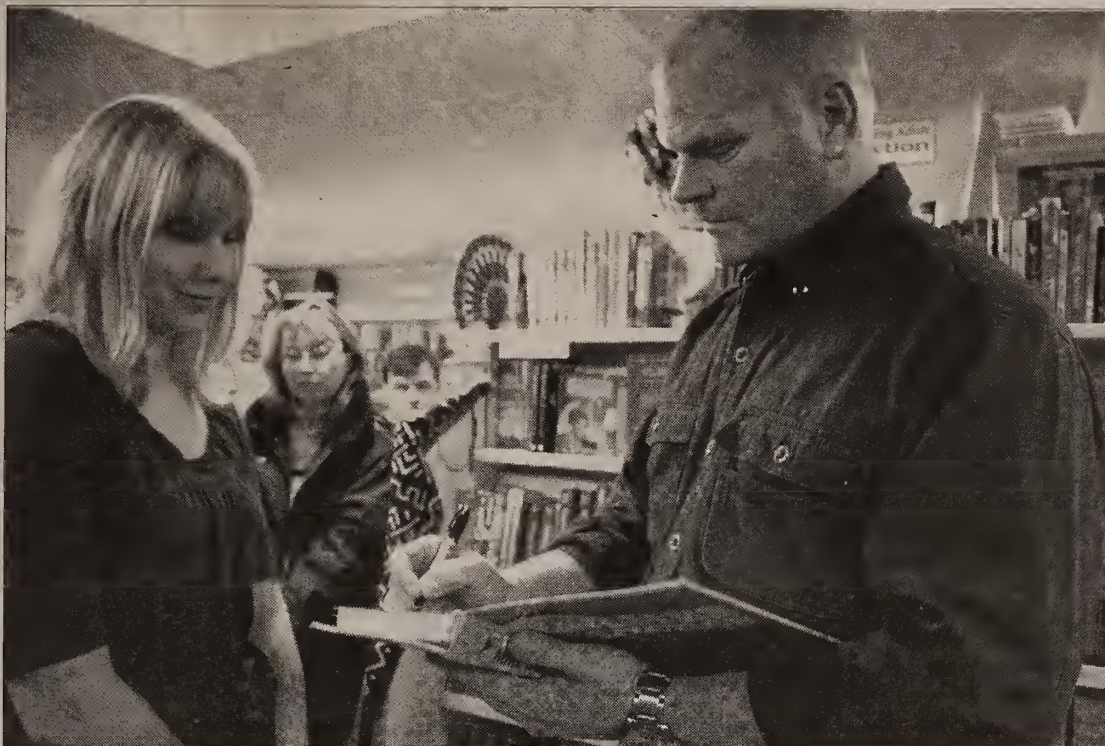


PHOTO BY SARAH BONGERS

A fan gets her book signed by the *Holmes on Homes* TV star, Mike Holmes. He was at Word Worth Books on Feb. 28 promoting his new book and business, Mike Holmes Inspections. His new business will be Holmes's first venture in the home inspection business.

understand.

"All I try to do is give you

what you need to know," said Holmes to the crowd lined up

at Word Worth Books.

He said the reason he chose

Waterloo Region was because when he thought of starting a home inspection company, he searched far and wide for the best inspector for the job, which happened to be Darren Johnston, owner of Johnston Home Inspections in Guelph. It made sense to Holmes to make Johnston his company's first inspector.

"

All I try to do is give you what you need to know.

— Mike Holmes

"

Through his hit show on the Home and Garden channel, Holmes tries to challenge the way the inspection, home building and renovation industries work by "making it right the first time."

For more information, go to the company website at [www.mikeholmesinspections.com](http://www.mikeholmesinspections.com)

## Job fair features over 40 employers

By BLAIR POLLOCK

The college holds jobs fairs to give students the opportunity to learn about possible employment in the area.

The first of two job fairs at Conestoga hit the Doon campus on March 4. The fair, held in the E-wing, featured opportunities for those students in the Schools of Health and Life Sciences and Community Services.

About 25 potential employers, including Cambridge Memorial Hospital, Waterloo Regional Police and Waterloo Wellington Community Care Access Centre, came to talk to students about the possibility of summer employment and post-graduation opportunities.

The next job fair features a bigger variety of opportunities for students with over 40 employers expected to be in attendance to discuss co-op, summer and graduate opportunities on Wednesday, March 25 at the recreation centre.

"We are still hoping for more employers. I think the economy has caused a bit of a drop in the number of employers," said Lynne Kattenhorn, marketing and events co-ordinator for co-operative education and career services. "We have had as many as 70 in the past."

Companies ranging from CIBC to the Woodbine Entertainment Group will be in attendance to entertain questions from the students.

The March 25 job fair will run from 10 a.m. to 1 p.m.

### EMPLOYER LIST

These are the employers that are registered to appear at the March 25 job fair:

- Sun Life Financial
- Hammond Power Solutions Inc.
- Crystal Clear Water Centres
- Enterprise
- Home Hardware Stores Limited
- Arvato Digital Services Canada Inc.
- Loblaw Companies Limited
- Precept Insurance and Risk Management
- Costco Wholesale
- Complete Music & Video
- CIBC
- Aerotek
- ClubLink Corporation
- Cowan Insurance Group Ltd.
- Actv8 marketing Inc.
- Ontario Power Generation
- Accu-Link Call Centres Inc.
- Waterloo North Hydro
- Fibernetics Corp.
- Conestoga Residence & Conference Centre
- Camp Kodiak
- Multiurethanes Ltd.
- Woodbine Entertainment Group
- Naylor Engineering Associates Ltd.
- Efficiency Engineering Inc.
- MRC Wireless
- Fastenal Canada LTD
- RBJ Schlegel Holdings Inc.
- Capital Paving Inc.
- Canadian Forces
- Inbox Marketer
- Primerica Financial Services
- ConCreate USL LTD.
- Allstate Insurance Company of Canada
- Crawford & Company (Canada) Inc.
- OUG - Ontario User Group
- Frito Lay Canada
- K. Smart Associates Ltd.
- Lockdoor Canada Ltd.

## New menu to spruce up Conestoga Room

By LIZ KOENIG

Warm up those taste buds, Conestoga's culinary students have revamped their menu.

The student-run restaurant, The Conestoga Room, is located at the Conestoga's Waterloo campus.

The menu has been changed "to offer a greater variety of experiences to our students, as well as to our patrons," said campus administrator at the Waterloo campus, Deb

Steeves.

The menus are in place to cover student curriculum and program outcomes.

New menu items include chicken consommé, Thai mushroom and coconut soup and smoked salmon terrine.

The Conestoga room provides a hands-on learning experience for culinary and hospitality students.

The Conestoga room is open for lunch and dinner. Reservations can be made by calling 519-885-0501 or on the Conestoga website.

## Security guards hope to patrol on bikes

BY HEATHER MUIR

Conestoga's security services hopes to go green by spring, exchanging two wheels for four.

The department is looking into purchasing four bikes which staff would use to patrol the campus.

"It will be easier to go through the forest and around the ponds," said Barb Eichholz, a security guard.

If approved, it would be the first time that Conestoga College had a bike patrol on the premises. The security officers would be issued a new uniform consisting of shorts and a short-sleeve shirt and the bikes

would be fitted with first-aid kits.

"It's definitely a lot more environmentally friendly than us patrolling in our cars," said Jacqui Reid, a security guard.

Staff have been looking at bikes and gear such as helmets and wrist guards.

"There will be about four to six guards trained on the bikes," said Eichholz.

Because gear is costly and can't be shared between the guards for sanitary reasons, only a limited number of guards will be trained to be part of the bike patrol.

The department's cars will still be used for longer distances.



# \$5.7m an investment

By KEVIN O'BRIEN

On Feb. 23, Conestoga College president John Tibbits appeared before Cambridge city council to request \$5.7 million of taxpayer money to help fund the college's Cambridge campus.

It's part of a \$100-million plan that also includes renovations of the Doon campus's health services space.

While it may be difficult for taxpayers who are currently in the depths of the global economic crisis to understand why their money should be given as a gift to the school, it's this money that can help pull us out of the recession.

Simply put, it takes money to make money.

The Cambridge campus will create hundreds of jobs, from workers who construct the building to the staff who will work there.

Also, college programs are essential to the economy. Local companies have long benefited from easy access to students trained at Conestoga.

In an article in the Waterloo Region Record, Tibbits said, "If you want to have a competitive local economy, you need good research and the best skilled workforce." He added that workers need to be trained for jobs that don't yet exist if companies in the region want to stay competitive.

His view is shared by Nigel Doran, vice-president of Com Dev, who joined Tibbits in front of council to say that his company has benefited from Conestoga graduates.

Conestoga also offers many second career and skills development programs that allow recently laid off workers to have hope for future employment.

In February, an article ran in the Guelph Mercury about Richard Dupe, 48, who has been unemployed since the American Standard plant in Cambridge shut down in 2007. Since then, he's been a Conestoga student training for a career as a truck technician at the Guelph campus. Dupe said, "This is an opportunity for me to do something I want to do — not something I have to do."

Currently, Conestoga has 55,000 students, 38,000 of whom are part time. It's fair to suggest that many of these students, like Dupe, are working toward a new career or retraining for a better career.

And it's not only mature students who would benefit the economy by taking classes at Conestoga. The Cambridge campus would house an estimated 2,500 students, many of whom would be from out of town. According to Tibbits, their presence would bring \$35 million a year to the local economy.

Tibbits asked council to have a decision by May at the latest.

In a difficult economic environment, \$5.7 million seems like a hard pill to swallow. However, the new Conestoga campus is an investment into the future of Cambridge, the Region of Waterloo and, most importantly, people like Richard Dupe who otherwise might not have the chance to restart their career.

*The views herein represent the position of the newspaper, not necessarily the author.*

## Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:  
The Editor, Spoke, 299 Doon Valley Dr., Room 1C29, Kitchener, Ont., N2G 4M4



Is suntanning worth the risk?

# Learn before you burn

Why the obsession with being tanned year-round?

During the smouldering summer months, many people enjoy lying on the beach to get some colour, but I've never understood the need to be golden brown during -30 C snowstorms. I mean, who are you kidding?

We all know where you live.

With cancer affecting an astounding number of people, why increase that risk any more than it probably already is?



Louise Kaddour  
Opinion

The number of tanning salons that have popped up around the K-W area in the past few years is astounding. Most gyms now also offer indoor tanning beds within their facility.

Even now, in March, signs are creeping up, reminding me to "pre-tan." Burn before I really burn?

Though some may believe they are immune to skin cancer, think again.

Here are some factors that push your chances higher: a personal history of skin cancer, a family member with skin cancer, more than 50 moles (get counting!), abnormal moles or those larger than 6 mm (0.2 inches), about the size of a pencil eraser, a weakened immune system, severe sunburns (even as a child), living in a sunny or high-altitude cli-

mate or living near the equator and having fair skin that burns or freckles easily and does not tan.

Another startling fact: sunburns in childhood are the most damaging to the skin. Apparently, the earlier in life that you get burned by the sun, the higher your risk of developing skin cancer.

Some people believe that tanning protects against sunburn. However, the amount of sun exposure needed to get a tan can cause excessive skin damage and outweigh any possible benefit.

In fact, according to the Canadian Cancer Society, some tanning beds can expose you to five times as much radiation as the sun. Their risk factors for skin cancer include severe sunburn before the age of 20 and the use of tanning beds.

In an interesting study, a doctor at East Tennessee State University studied the tanning behaviours of 168 university-aged women. From his research, based on personality and behavioural questionnaires given to partici-

pants, he was able to identify four different "types" of tanners.

The first is the special event tanner (tans numerous times over a short period of time), spontaneous or mood tanners (non-regular tanners with random patterns influenced by their mood); regular year-round tanners (tan weekly or bi-weekly); and mixed (have both regular tanning periods as well as shorter periods associated with a special event).

"Event tanners (53.6 per cent) tanned the least, started tanning the latest and scored lowest on measures of attitudes, social norms and tanning dependence measures," according to the authors.

"Regular year-round tanners (11.9 per cent) started the earliest, tanned at the highest levels and scored the highest on the attitude, social norms and tanning dependence measures.

Spontaneous or mood tanners (6 per cent) were similar to event tanners but with a mood component to their tanning." Mixed tanners (28.6 percent) displayed a mixture of behaviours of regular and event tanning types.

So, whether you have an event coming up or are just feeling low on the self-esteem scale, be aware of the risks.

Learn before you burn.

## SPOKE

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# Long waits in ER unacceptable

If you need to go to the emergency room for any reason, make sure to bring a book or something to help pass the time because you're going to be there for awhile.

Recently, I had to go to emergency to get my head checked and to get a CT scan after slipping on some ice and hitting the back of my head. I arrived at the hospital at 6:25 a.m., figuring that if I went really early in the morning, my waiting time wouldn't be as long. How very wrong I was.

At 6:40 a.m., one of the ladies at the front desk took my blood pressure and made up my chart of why I had come



Stacie  
Ritchie  
Opinion

to the emergency room. At about 10:20 a.m., I was called to the back to wait for the doctor.

At 11 a.m., I was finally seen by a resident doctor who asked me a series of questions regarding what my health had been like in the past and what happened when I fell. She also checked my vision and reflex-

es. After she was done, she left and came back half an hour later to inform me that she had talked with the doctor in charge of the ER, and they wanted me to get a CT scan done just to make sure everything was OK and that there was no internal bleeding.

At 12:30 p.m., a nurse came and took my blood pressure a second time and then I went and sat back out in the waiting room.

At 2:15 p.m., there was an opening to get a scan done so I went and waited in a different waiting room. Almost half an hour later, I finally had the scan done, which only took a

few minutes, and then I went back and sat in the emergency waiting room.

Finally, at 3:36 p.m., I was called into a room where the doctor, with the resident doctor standing beside her, told me that she had looked at the results and from what she could tell, my head was fine.

So, after initially arriving at the hospital at 6:25 a.m., my overall waiting time in emergency was about nine hours, two hours longer than what I was told when I first arrived.

Now I know that the more serious cases get looked at first and that anybody who is brought in by ambulance gets

looked at immediately, and that there is a shortage of doctors and nurses in hospitals all across Canada, but that still doesn't excuse having to wait nine hours in ER. That's inexcusable and absolutely ridiculous.

With something as important as health care, it should be more efficient than that, much more efficient. Stephen Harper should look into Canada's health-care system and figure out some kind of strategy to reduce people's waiting times in the ER, to make it more efficient, to make it better, because that is what Canadians deserve.

# Old cartoons would never be made today

Talk to almost anyone who was a kid from the mid 1930s to the mid 1980s and they will likely be able to spout off a dozen of their favourite cartoon characters.

It could be Pepé Le Pew from Warner Bros. Looney Tunes and Merrie Melodies series, or it could be the man of steel, Superman, from Detective Comics. There are literally hundreds of cartoon characters, from both comic books and television series, for children and older enthusiasts to choose from.

In recent years it has been Teletoon, part of Astral Media since 1997, which has been a leader in broadening the airwaves with animated goodness. Teletoon brings in new shows every television season. On a separate channel for satellite viewers, however, there is Teletoon Retro. Reruns of The Jetsons, Fat Albert and the Cosby Kids, The Super Friends, The Bugs Bunny and Tweety Show, Reboot, and others can be seen 24 hours a day. That is, of course, with a very special and very unique viewer discretion warning before most shows.

Warning: The cartoon that you are about to watch is true to the time period in which it was created. Teletoon does not endorse any/all acts of racism, sexism, political incor-



Jamie  
Reansbury  
Opinion

rectness and/or sex & violence. Whatever!

It is true that the cartoons of yesteryear were a tad more violent than the newer cartoons of today, and showed more mature themes for the same age group. Then again, I do not think Bugs Bunny would have been half as memorable without good old Bugs tricking Yosemite Sam into taking a high dive into a bucket of water a dozen times in

eight minutes. How about when Elmer Fudd's dog gets into the brandy and takes a quick drive in his car?

Priceless.

The point is the cartoons back then were mainly funny because of the outrageously stupid and dangerous circumstances the characters found themselves in. Tom and Jerry, a cat and mouse combo from the 1960s, literally tried to murder each other in front of a Saturday morning audience each week. Casper the Friendly Ghost, from a 1940s series, is entirely based on the strife of a child who died and got tired of scaring things.

Some of the cartoons also offered real-life lessons for

their audience. Fat Albert and the Cosby Kids went as far as giving educational lessons during the progress of the show on things like Hitler and what the Third Reich did in the '30s and '40s.

No such lesson will ever appear again in modern day cartoons because it could be contrived as offensive or biased, and that cannot be allowed to taint the overly sensitive viewers of today.

That is assuming that the cartoons of today are not even more offensive than the ones of yesteryear.

I was watching a show some time ago called Winks which had crime fighting pixies in multi-coloured belts and stiletos. I assume that the belts

are actually supposed to be skirts and shirts. The stilettos ... Well, I guess they would hurt if you kicked somebody. Though it was anatomically graphic and contained violence, no viewer discretion warning was flashed.

Given the choice between overly exposed women with attitude or morally unconscionable animals, humans and aliens, I will choose the ones that have lasted for the better part of a century and entertained millions of children along the way.

Some people are still offended by the "graphic" nature of some of the old cartoons. For all those people out there, a different channel is a simple click away.

## The minimum wage is going up.

If you're an employer, here's what you need to know.

	General Minimum Wage	Students under 18 and working not more than 28 hours per week or during a school holiday	Liquor Server	Hunting & Fishing Guides: for less than five consecutive hours in a day	Hunting & Fishing Guides: for five or more hours in a day whether or not the hours are consecutive	Homeworkers (people doing paid work in their home for an employer)
Current wage rate	\$8.75/hour	\$8.20/hour	\$7.60/hour	\$43.75	\$87.50	110% of the minimum wage
Mar. 31, 2009 wage rate	\$9.50/hour	\$8.90/hour	\$8.25/hour	\$47.50	\$95.00	110% of the minimum wage

On March 31, 2009, the general minimum wage will increase to \$9.50 per hour from the current rate of \$8.75 per hour.

To find out more about how the new minimum wage guidelines affect employers and employees, call or visit the Ministry of Labour web site.

Paid for by the Government of Ontario



1-800-531-5551 [www.ontario.ca/minimumwage](http://www.ontario.ca/minimumwage)

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ACCOUNT REP NEEDED. ANY JOB EXPERIENCE IS NEEDED TO CARRY OUT THE JOB. YOU MUST HAVE COMPUTER SKILLS AND SPEAK ENGLISH FLUENTLY. YOU WILL EARN UP TO \$3000 MONTHLY. Email at [terrylane2111166@gmail.com](mailto:terrylane2111166@gmail.com) if interested.



# LUAU

## Pub Night

Thursday  
March 26<sup>th</sup>

In the Sanctuary

9pm — 1am

Prizes

All ages

**\$2.00** advance only  
Buy tickets in the CSI Self  
Serve Area, room 2A108

CONESTOGA  
STUDENTS INC



# Former hockey stars shine for charity

By ADAM RUSSELL

While the debate rages whether to keep fighting in the game of hockey, former NHL greats took up the fight for a different cause.

Dale Hawerchuk, Bryan Trottier and Glenn Anderson, along with other former hockey stars, were at the Sun Life Arena in the Waterloo Memorial Recreational Centre on Feb. 18, to take part in the 20th annual Old-timers Hockey Challenge Classic in support of Special Olympics Ontario.

This year's event pitted members of the Waterloo Regional Police Service Law Enforcement Torch Team against former National Hockey League players, hall of fame members, Canadian national women's team star Geraldine Heaney and TSN analyst Rod Black. Former NHL referee Ron Hoggarth officiated the contest.

Although the Old-timers won the game 12 to 11, the real winners were the Special Olympians as \$109,579 was raised in support of the charity.

The money will go towards helping community-based Special Olympics activities. It will assist community programs with a variety of expenses including travel to games, accommodations, meals, staff support, grants to new community programs, athlete training, public education, volunteer/coach training and development initiatives like school programs.

Sgt. Rob Jones, who played goal for the police, has been involved with the Torch Team for a number of years and loves being able to contribute to the cause.

"The game is a lot of fun and the guys (old-timers) are great," he said while getting in

some pre-game stretching. "Anything we can do to help out is well worth it."

Bob Probert, who finished his NHL career with 3,300 penalty minutes, enjoys the opportunity to play in the game.

"If I still have somewhat of a name out there and it helps to raise money then I'll come out and do what I can," he said, adding that the charity game is always a lot of fun.

Bryan Trottier, a member of the Hockey Hall of Fame since 1997 and a seven-time Stanley Cup winner as a player and coach, has been involved in the old-timers challenge since 2003 and finds the experience "rewarding."

"There's an awareness we can raise," he said. "And through the awareness we're able to raise some much needed dollars and that's a bonus."

Rod Black, a sports announcer with TSN, believes the event really puts into perspective what hockey should be about.

"The No. 1 goal of this tour is to make sure every kid in this audience has a smile on their face at the end of the night," he said. "It's all about having fun."

Black added that the tour throws in a lot of gimmicks to make it fun and exciting for the fans.

"It's kind of like the Harlem Globetrotters playing the Washington Generals," he said. "Shenanigans like that."

The Old-timers' Hockey challenge was started to allow fans and players the chance to celebrate a common joy of the game while at the same time raising money for worthy associations. The challenge makes stops in over 60 cities in Canada and raises money for charities in each city it visits. It claims to be the most suc-

cessful tour of its kind in North America.

Former NHL stars such as Dave Ellett, Tom Fergus, Bernie Nicholls, Steve Shutt, Trottier, Probert, Hawerchuk and Anderson are some of the players, to name a few, who regularly participate in the game. Canadian women's national team stars such as Heaney and Vicky Sunohara are also regular participants.

Cathy Sproule, director of events for Xentel Inc., the company that produces the event, believes the game benefits the former NHL players as much as the Special Olympians.

"They just love being back with the boys on the road and on the ice showing the skills they once had," she said. "They leave the game for a couple of years and then they get that itch to be back and this really helps with that."

"These guys absolutely enjoy the fact that they can still play the game they love and contribute to such a worthwhile cause at the same time."



PHOTO BY ADAM RUSSELL

Dale Hawerchuk signs autographs at the 20th annual Old-Timers Challenge Classic held at the Waterloo Memorial Recreational Centre on Feb. 18. The event raised more than \$109,000 for Special Olympics Canada.



PHOTO BY ADAM RUSSELL

Bryan Trottier, Geraldine Heaney and Dave Ellett take a shift off. Trottier thrilled the crowd during the second intermission with his rendition of Stompin' Tom Connors' The Hockey Song.



PHOTO BY ADAM RUSSELL

Joanne and Dieter Vogelsang show off the autographed stick they won. The husband and wife are avid hockey fans and even had the chance to meet the players in the dressing room during the second intermission.

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# March is nutrition month

By LAURA ROUSE

We all know that nutrition is an important part of our everyday lives, and now we have a reason to think about this every time we sit down to a meal. March is Nutrition Month in Canada, and one of this year's themes is Stay

Active, Eat like a Champion.

Though we should be thinking about what we eat – and how it affects our bodies and our health – year-round, March is for people all across Canada to start focusing on the aspects of nutritional health.

This year another campaign

theme is Foods to Fuel Your Active Lifestyle, which provides nutrition and healthy eating tips on what to eat and drink, before, during and after activity.

Across the country, activities for nutrition month will highlight the role of dietitians in terms of providing “the most

reliable sources of information about nutrition and healthy eating.”

“As we get older, after the age of 30, our resting metabolism decreases by one to two per cent every decade,” said Leslie Beck, a nutrition consultant in downtown Toronto.

Eating well with Canada's Food Guild can help teens and adults eat properly and feel great. Following Canada's Food Guild helps meet energy and nutrient needs to fuel an active lifestyle, according to the Dietitians of Canada website. Veggies and fruit, cream products and milk and alternatives provide healthy carbohydrates to fuel active muscles. Milk and alternatives and meat and alternatives provide high quality protein to build and repair muscles. Foods from all food groups provide vitamins and minerals which help convert food into energy your body can use, help ward off infection and build strong bones and muscles.

Eating breakfast every day can help improve concentration, reduce hunger and maintain a healthy weight. Look for fast and easy choices such as whole grain breads, muffins, cereals with milk, fruit, yogurt, cheese and eggs. Or be creative with last night's leftovers.

Physical activities plus calcium-enriched foods make stronger bones. Strong bones support better performance and are less prone to stress, fractures and osteoporosis in later years. Think about snacks with calcium like veggies with yogurt dip, almonds, flavoured milks, smoothies, cheese and crackers.

The Nutrition Month web-

site says the best thing you can do for your body is to eat a light snack one or two hours before you start your physical activity. The best muscle fuels combine carbs and a little protein. For easy digestion, try to make your snack low in fat. Make sure you have some hydrating liquids. Good snacks are small homemade muffins, cottage cheese, drinkable yogurt, fresh fruit, a small container of dry cereal and dried fruit.

Your body needs to be well hydrated to function at its best. Being even a little dehydrated can zap energy and impair your workout. Keep your body up and running by drinking a big glass of water or milk two to three hours before your activity. Avoid carbonated and very sweet fruit drinks before your activity – they can upset your stomach. During a light workout, water is just fine. The more you sweat, the more you should be drinking, especially during hot weather. Make sure you replenish yourself right after your workout.

What you eat and drink following your activity make a big difference to future performance. You need liquid to replenish fluids and electrolytes lost in sweating, carbs to refuel exhausted muscles and protein to repair damaged tissue.

“What you need after an intense workout, you need to eat something that has carbohydrates to replace your energy fuel that fuels all types of exercise, plus you need some protein in that snack,” said Beck.

Nutrition Month is presented by Dietitians of Canada, as well as thousands of dietitians across the country.

STUDENT VOLUNTEERS

Ainsley	Alberia	Carlaa
Cheryl	Christa	Dorot
Christopher	Jadyn	Julie
Johanneb	Jaymie	Jeff
Jessica	Jillian	
Laura	Laura	
Lindsey	Uga	
Maria	Maria	
Nikkie	Sandy	
Phoxay	Rodini	
Shallit		
Sheena		
Smeceta		
Sophia		
Stephanie		
Taron		
Tristan		
Vinay		

THANK YOU STUDENT VOLUNTEERS!

Be the difference.

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THANK YOU TO ALL OF THE WONDERFUL STUDENT VOLUNTEERS WHO PITCHED IN TO MAKE CONESTOGA COLLEGE'S FIRST RESPECT DAY A GREAT SUCCESS!

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How do you plug in?

# Plugging into the Global Community

MARCH 9<sup>TH</sup>-13<sup>TH</sup>

12:00PM - 1:00PM

STUDENT LIFE CENTRE & E-WING

ALSO, CHECK OUT THE LEARNING COMMONS, LIBRARY, RESIDENCE, INTERNATIONAL OFFICE, SECURITY, STUDENT LIFE, CSI, CAFETERIA TO SEE HOW THEY 'PLUG IN'!

Prizes - Games - Info Booths - Performances

## A BREAKFAST TREAT FOR A GOOD CAUSE



PHOTO BY ADAM RUSSELL

CSI president Sheena Sonser serves pancakes in the Sanctuary on Feb. 24. Proceeds went to the Conestoga food bank.



# Volunteers, meet your dates

By LACIE GROFFEN

How many dates will you have after 25 years of business?

The Volunteer Action Centre for Waterloo Region and area is celebrating its 25th anniversary with a unique round of speed dating.

The event, being held tomorrow, will feature approximately 20 organizations and 25 potential volunteer "dates." The goal is to have representatives from organizations like the YMCA, Big Brothers and Sisters and Hospice of Waterloo Region meet with potential volunteers for five or 10 minutes to discuss the company and current volunteering opportunities.

This year, "volunteer speed matching," which has been used in both Australia and the United States, will replace the

annual volunteer fair usually held at Conestoga Mall in January.

Dianne Boston, community relations co-ordinator for the Volunteer Action Centre, said it was time for something different and she hopes to, "connect to untapped potential in volunteering."

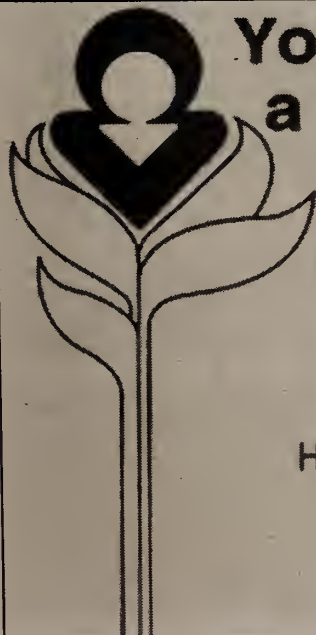
The level of achievement Boston said, is based on attendance. She said she will consider it a success if all participants show up. "It shows good intentions," said Boston. So far 30 volunteers have registered and are planning to attend.

Boston also said she wants volunteers to leave feeling like they've been introduced to the community.

"Volunteering is very important to the community and every bit makes the difference," she said.

## PARTICIPATING ORGANIZATIONS

- Big Brothers Big Sisters of Kitchener-Waterloo & Area
- Canadian Mental Health Association
- City of Kitchener
- Community Support Connections
- Family & Children's Services
- Habitat for Humanity Waterloo Region
- Hospice of Waterloo Region
- kidsLINK
- Kitchener Public Library
- K-W Seniors Day Program
- Nutrition for Learning
- Parkinson Society Southwestern Ontario
- Pathways to Education
- Ray of Hope
- Saint Monica House
- Spiritual Heritage Education Network Inc.
- Volunteer Action Centre
- Women's Crisis Services of Waterloo Region
- YMCAs of Cambridge & Kitchener-Waterloo



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## COUNSELLOR'S CORNER: *Multiculturalism*

Have you recently moved from your home country to Canada? Is English your second language? Are you on an international student visa, of landed immigrant status, or did your family originate from a country other than Canada? Have you recently emigrated from a war-torn country? Are you dealing with issues such as culture shock, unfamiliarity with college or community resources, racism, or a lack of cultural familiarity? Will you be experiencing a Canadian winter for the first time?

Our college community is becoming enriched more and more with students from various cultural backgrounds. This creates a wonderful opportunity for growth, learning, and diversity. However, it can also pose transition issues for those who are new to the country and the college. If you feel you need support dealing with these transitions, help is available. You can talk to your teachers, classmates, friends, or counsellors in Counselling Services.

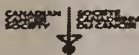
Counsellors in Counselling Services can meet with students individually to help students with cultural adjustment issues. In addition, ELS students receive culture shock workshops as a part of their curriculum. Students can also make an appointment to counsellors individually about cultural adjustment difficulties. International Students can also look forward to our annual fall event, Survivor Conestoga, which makes International students aware of cultural adjustment issues, health issues and safety issues.

To learn more about resources at the college and in the community, visit Counselling Services in 1A101. We are located in the lower level of the new Student Life Centre Atrium.

*A Message from Counselling Services*

## Eating out tonight? Make a smart choice.

For healthy food choices, food safety and 100% smoke-free seating, choose an Eat Smart! restaurant. Contact the Waterloo Region Community Health Department at 883-2253 or visit [www.eatsmart.web.net](http://www.eatsmart.web.net).



Ontario's Healthy Restaurant Program

#EHLRP003



# And the winner is ...

## Top four bands battle to win the title of Last Band Standing

By KAITLYN HEARD

And the last band standing is, The Sound Foundation. This winning quintet walked away \$1,000 richer Feb. 26 after winning the Last Band Standing competition at Wilf's at Wilfrid Laurier University.

The contest consisted of four parts which ended after the top four bands from the previous three concerts battled it out for the top prize of \$1,000.

The final competition started at 10:30 p.m. with a five-member band called Second Floor Escape (SFE). Returning from the semifinal competition, they brought something new to the table.

On top of playing all original songs, they transformed one of their heavier songs into an acoustic version instead.

This was a change from their last performance. Despite minor technical difficulties, the group provided a show that left the audience cheering, clapping and chanting for more.

Following SFE was Andy's Ego. The six-member folk/indie posse raked in one of the largest crowds of the night. The female-led sextet started their set with a slow jam but transitioned into a more upbeat tune giving the judges something to think about when it came time to select the winner.

The winning band, The Sound Foundation, took to the stage at around midnight. This band was slightly out of the ordinary. On top of the usual instruments, the group also features a saxophone, giving this ska band a hint of jazz.

The quintet danced, sang and grooved their hearts out to a full house. While wait-

resses squeezed their way through sweaty bodies in the audience, the guys on stage kept dancing till their set came to an end.

The last to take the spotlight was a Wilf's favourite, Music Box.

Behind the organ, drums, guitar and bass stood four guys drenched in the crowd's encouragement.

The words, "We love Wilf's" kept coming out of the band's mouths as their set progressed.

”

“They were a very tight band.”

— Christian Scagnetti

”

Music Box played their 30-minute set to an enthusiastic audience who danced the night away with them.

“We always love to play the Wilf's crowd. We feed off Wilf's energy. We love it even if it's not a competition,” said Steve Sloane, the 19-year-old guitar player in Music Box.

“It's a lot of fun.”

Despite SFE's acoustic experiment, Andy's Ego's promise to donate their winnings to charity and Music Box's reputation at Wilf's, it was The Sound Foundation's performance that persuaded the trio of judges.

“They were a very tight band,” said Christian Scagnetti, a member of SFE.

“They played so flawlessly.”

As the band jumped up and down yelling and cheering together, they accepted their prize and shook hands with the other contestants.



PHOTO BY KAITLYN HEARD

The Sound Foundation gave the judges and audience exactly what they wanted to hear. Taking the \$1,000 prize, the band left with more than just money. They walked away with the title of Last Band Standing at the competition hosted by the A-Team at Wilf's.

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# HOROSCOPE

Week of March 9, 2009

**Aries**  
March 21 - April 19

You're more in tune with the tech world than usual and now is a good time to price out gadgets that you may need later. You may want to look into stuff that doesn't quite make sense to you yet.

**Libra**  
September 23 - October 22

You've got lots to talk about this week and should make lots of time for it all. You're filled with good mental and social energy and should be able to catch people at just the right time.

**Taurus**  
April 20 - May 20

You're all shaky over some big decision you're facing, but don't panic too much yet. You may need to deal with someone who's pushing you too hard, but you can resist without hurting feelings.

**Scorpio**  
October 23 - November 21

Ease up on the internal pressure to be the best Scorpio, you need to play it safe for now. You might still come out on top, but if you push yourself too hard, it's likely that you will slip and fall.

**Gemini**  
May 21 - June 21

You're taking up big issues with people this week and that is helping you to shake out the bad ideas from the huge mass of good ones you've been sitting on. Soon it's time to act on the best.

**Sagittarius**  
November 22 - December 21

You've got more going on than usual and that could mean that you're feeling tired or a little overwhelmed. More likely, you are energized and ready for more so get out there and work it, Sagittarius!

**Cancer**  
June 22 - July 22

It's extremely difficult to figure out to whom you should be listening right now and you do have to make a choice! Go with your gut or just pick randomly, but get ready to revise the details later!

**Capricorn**  
December 22 - January 19

You've got enough to do without having to listen to all the gossip going on around you. Try your best to be polite without having to fall in with those people. You can find a good balance, Capricorn.

**Leo**  
July 23 - August 22

It's time to open the door and let a certain friend really tell you whatever it is that's on their mind even if you already know it deep down. They need to hear themselves say it out loud.

**Aquarius**  
January 20 - February 18

Get playful this week and try to get your message across in a new way. Use some new online service that seems fun or make a game out of your delivery but in any case, keep smiling.

**Virgo**  
August 23 - September 22

You're the centre of the situation at some point this week and your actions help determine what happens next. It may not be enough, but you can certainly do your best and be proud of that.

**Pisces**  
February 19 - March 20

Try your best to hold onto your sense of reality this week as hard as it may be. Something big has shifted and you might have to adjust your thoughts and feelings in accordance with the new info.

# Covers for a cause

By NEIL McDONALD

Various Artists

War Child presents Heroes: An Album to Benefit Children Affected by War

By their very nature, compilation albums can be a bit of a mixed bag. And when they're populated entirely by contemporary artists covering a collection of punk and rock classics, the "avoid at all costs" alarm is sure to sound. There are, however, two good reasons to give Heroes a chance.

Number 1, it's for a fine cause. Proceeds from the sale of this album will go to War Child International, which helps children affected by war. So far, so ... not bad.

Number 2, it's ... not bad. Heroes



comes with an ingenious twist on the covers concept, in that the song being covered and the band performing the new version have been handpicked by the original artists. As a result, we get the likes of TV On The Radio, Yeah Yeah Yeahs and Elbow covering David Bowie, The Ramones and U2, respectively.

This leads to a few surprises, such as Beck giving Bob Dylan's Leopard-Skin Pill-Box Hat a fuzzed-up glam-rock stomp, while Hot Chip re-style Joy Division's

manic-depressive Transmission as a restrained electro-dance number.

The highlight of the collection, though, is UK singer Duffy's '60s-soul treatment of Paul McCartney's Live and Let Die, stripping the original of its movie soundtrack bombast in favour of a sultry Amy Winehouse-style vocal workout.

Elsewhere, the hotel room-loneliness of Bruce Springsteen's Atlantic City is taken right out to the bar by The Hold Steady (with mixed results), while Lily Allen enlists Mick Jones for an admirable transformation of The Clash's Straight To Hell.

And, though there are a few missteps along the way - Estelle probably should have stayed far, far away from Stevie Wonder's Superstition - for the most part, this is one covers compilation that's well worth your money.

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LOCATION: RECREATION CENTRE

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CONESTOGA



Louise Kaddour is a second-year journalism student holding fate in the palm of her hand.



# MARCH EVENTS

# Sunday

# Monday

## Tuesday

**Wednesday**

Thursday

# Eridav

**saturday**

MONDAY  
MOVIE

Monday Movies at 1:30am in the upper sanctuary.

★ MONDAY MOVIE! ★

Everyday  
**Disabilities**  
into Possibilities

 **Cory Johnson**

an extraordinary truth

FOUR

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★★★★★



30

3 **Wii** 4  
Wednesdays



Plug  
Global

7 **Wii** 18  
Wednesdays

25  
TH WEEK

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Night

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